



1

The first block on the bottom of the pyramid is lifestyle activities. These activities include things that you do every day such as walking around, shoveling snow, and walking up and down the steps.

2

The second block of the exercising pyramid is sports and aerobics. These keep your heart rate going and they keep your body healthy and happy. An example of this is playing soccer, running/jogging, and dancing.

3

The third block is flexibility and strength. These keep you strong, they help keep your muscles and circulation of your blood pumping. An example of this is gymnastics, stretching, and lifting weights.

4

The fourth block of the exercise pyramid [found at the top] is resting. You have to rest to keep your body healthy and happy, but too much can make your body unhappy. An example of this is watching too much TV or playing lots of video games.